



UCOOK

Waterford's Mediterranean Swordfish

with roast sweet potato, green pepper & olives

This quick grilled swordfish recipe takes on a delicious Mediterranean twist thanks to a smokey rub and tapenade-style salsa of diced tomato & olives. Sided with roasted veggies and garnished with crumbled & creamy feta, it's the feel-good hit of the summer!


Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Waterford Estate

 Carb Conscious

 Waterford Estate | Waterford OVP Chenin Blanc 2020

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into bite-sized pieces</i>
1	Onion <i>½ peeled & cut into wedges</i>
1	Green Bell Pepper <i>½ trimmed, deseeded & cut into strips</i>
15g	Pitted Green Olives <i>drained</i>
1	Tomato
25g	Danish-style Feta
4g	Fresh Oregano
10ml	Lemon Juice
1	Swordfish Fillet
5ml	Paprika

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter (optional)

1. SWEET POTTS Preheat the oven to 200°C. Spread out the sweet potato pieces and the onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway. In a bowl, coat the pepper slices in a drizzle of oil and seasoning. Set aside.

2. PREP STEP While the veg are roasting, roughly chop the drained olives. Roughly dice ½ the tomato. Rinse, pick and roughly chop the oregano. Drain the feta.

3. TAPENADE-STYLE SALSA In a bowl, combine the diced tomato, the chopped olives, ½ the chopped oregano, ½ the lemon juice, a drizzle of oil, and seasoning.

4. A PEP IN YOUR STEP When the roast has 10 minutes remaining, scatter the dressed green pepper slices over the tray and roast for the remaining time.

5. SMOKY FISH Pat the swordfish fillet dry with paper towel. Coat in the paprika, a drizzle of oil, and seasoning. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the fish on one side for 3-4 minutes until crispy and golden. Flip and add a knob of butter (optional). Fry for 3-4 minutes or until cooked through.

6. WELCOME TO CLUB MED Serve up the roasted veg. Side with the swordfish drizzled with the remaining lemon juice and topped with the tapenade-style salsa. Crumble over the drained feta. Garnish with the remaining chopped oregano. There you have it, Chef!

Nutritional Information

Per 100g

Energy	336kJ
Energy	80kcal
Protein	5.3g
Carbs	8g
of which sugars	3.2g
Fibre	1.7g
Fat	2.6g
of which saturated	0.9g
Sodium	100mg

Allergens

Dairy, Allium, Sulphites, Fish

Cook
within 1
Day